

NEWS AND NOTES  
FROM NICOLE HEAPS, DIRECTOR



**Stretching Your Dollars**-We are returning a series by member request and will be holding several classes to help members further stretch their dollars. The series will be held in March and will feature ways to lower your utility costs, insurance, and save on your grocery bills.

**Newspaper Coupon Grocery Coupon Inserts**-Do you save your Sunday coupon inserts or are they recycled or disposed of? If you are not using your Sunday Coupon inserts please bring the inserts to the Wellness Center as we will be collecting the inserts for the upcoming Stretching Your Dollars program. Inserts may turned in @Lakeside Desk.

**Win a Book of Stamps**-What are the ways that you are stretching your dollars? Please submit your ideas and ways on paper to the Lakeside Desk and each idea will give you a chance to win a book of stamps. I will draw one lucky winner each Friday at lunch during the month of February. Forms will be available at the Lakeside Desk and I thank you in advance for participating! The best ideas will be collected and given out in March during the Stretching Your Dollar classes.

**Computer Lab Renovations**-We are eagerly awaiting new equipment for the Computer Lab. We will be upgrading the system to install 10 new stations. The new system will allow for each user to have a separate user name and password and allow users to save information to the system. We will post information as to the date of renovation on the Computer Lab door and pass along information as we receive it.

Please consider giving your time and talent to make YOUR Wellness Center better! Volunteers allow us to expand programs and services. If you have a gift or talent.....please consider sharing it with our members!

CHECK OUT THE SHUTTLE SERVICES!!



These services are offered to MSWC Maumelle resident members only. If you have any questions, please call Chris at 851-4344.

**Daily shuttle services** to the Center and home again are available to Maumelle resident members. Curb side pick up is at 9:00am, 11:00am with return at 12:30pm. Call 851-4344 for pick up and more information.

**Around Town Shuttle: New! Tuesdays & Thursdays** — you can ride our **Around Town Shuttle** anywhere within the Maumelle city limits! We will take you to the salon, the bank or even the dry cleaners! The Shuttle will run from 9:00am until 12:30pm. Please call the Center by 8:30am for reservations.

For reservations you will be required to furnish your address and phone number, the address of your destination, the time you wish to arrive and the time you will be ready for pick-up. All return trips will be completed by 12:30pm. The Shuttle driver will not be able to assist you in carrying any purchase you make.



CITY OF MAUMELLE  
**DEPARTMENT OF SENIOR SERVICES**  
VOLUME 8 ISSUE 2 - FEBRUARY 2012

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Menu Center

The Center will be  
**CLOSED Monday,**  
**February, 20th**  
**For President's Day**

4th ANNUAL HOME BOUND  
VISITATION DAY  
FRIDAY, FEBRUARY 17TH

Seeing a friendly smile and receiving a small bouquet of flowers can make a home bound individual's day much brighter.

If you supply the smile, the Center will supply the flowers.

Smile volunteers are needed.  
If you would like to volunteer to visit a home bound Maumelle resident call  
Chris at 851-4344.

Also call Chris if you know of a Maumelle resident that  
needs a visit and a smile.



DEPARTMENT OF  
SENIOR  
SERVICES

MAUMELLE  
WELLNESS CENTER  
550 EDGEWOOD DRIVE,  
SUITE 400  
MAUMELLE, AR 72113  
(501) 851-4344

Email: maumelleseniors @  
sbcglobal.net

Web: www.maumelle.org

HOURS

MONDAY-WEDNESDAY  
8:00 AM TO 6:30 PM  
FRIDAY 8AM TO 5PM  
TUESDAY & THURSDAY  
8:00 AM TO 8:00 PM

Valentines Day Party  
Tuesday, February 14th

Tickets: \$5.00

Party starts with lunch at 11:30am  
With entertainment by Jay and  
the Twilghter's Band

They play the oldies but the goodies.



## YOUR HEALTH MATTERS

- **Caregiver Support Group with Loved Ones Activity Room**

Thursday, February 9th @ 10:00am FREE  
Support Group held in the Classroom, a Loved One Activity Area in the Media Room.

Come be with others who are walking a similar care giving path. Lessen your isolation and share your feelings, fear and frustrations in a confidential setting. Bring your loved one with you so they can enjoy the activities in the Media Room.

- **St. Vincents**

Monday, February 13th @ Noon

"Stay Ready for a Disaster" Preparing makes sense for older Americans. FREE

## CLUB FITNESS

- **Joint Friendly Exercises**

Monday, Wednesday, & Friday @10:00am FREE

This class is easy on the joints and help keep them moving. The class includes a sit down session with light weights and a cardio workout. Led by Beverly Masters & held in the Great Room.

- **Zumba Gold**

Monday, Wednesday, and Friday at 4:00pm

Instructor: Nicole Heaps leads this FREE class for MSWC members. The Zumba® Gold Fitness is an innovative, fun and exciting program designed for the active older adult. Zumba® Gold classes are approximately one hour in length and incorporate aerobic, and strength training. Participants are encouraged to wear comfortable clothing and shoes.

- **Beginner Tap Class**

Every Thursday in February @ 3:00pm FREE

Dust off your tap shoes or bring in your favorite soft sole shoes to try out this fun class! We will start with the basics and add on from there.

## LIFE LONG LEARNING

- **Georgia's Watercolor Classes:**

Tuesdays @ 9:00AM. And 12:30pm

Georgia Aeverman, Instructor. Beginners' class at 9am  
**Cost: \$2.00 per class includes supplies.** Immediate class meets at 12:30pm. **Cost: \$3.00 per class**

includes supplies. Please pay the instructor.

- **Memory Jogging**

Every Wednesday in February @10:45am FREE.

The group has been having a great time recalling past events, playing Carolyn's word games, and other fun brain activities! You are invited.

- **SKYPE Class**

Tuesday, February 14th 1:00pm FREE

You will learn how to download and use SKYPE, how to "call" family and friends via SKYPE. You will be introduced to the new equipment in the computer lab. Chris Evans, instructor. Pre-registration is required.

- **SKYPE Class**

Tuesday, February 21st 1:00pm FREE

You will learn how to download and use SKYPE, how to "call" family and friends via SKYPE. You will be introduced to the new equipment in the computer lab. Chris Evans, instructor. Pre-registration is required.

- **Cooking for two with David Hodges**

Monday, February 6th @ 3:30pm FREE

David will be teaching you how to make bread pudding for two. A sample and recipe will be provided. Sign up at the Lakeside Desk.

- **Beginning Quilting**

Wednesday, February 8th, @ 10:00am to 4:00pm

Cost: \$5.00 Make a 6 block quilt and learn to piece 6 different blocks. Sample quilt in the Classroom and supply list at the Lakeside Desk. Pre-payment required.

- **Handbag Class**

Monday, February 6th, 13th, & 27th @ 12:30pm

Cost: \$12.50 includes all supplies except thread. Ms. Jean Eary will be the instructor. Pre-payment required.

- **Facebook Class**

Friday, February 10th @ 10:00am FREE

Learn how to reconnect with family and friends. Tawana will be the instructor. Pre-registration required.

- **Computer/Social Media Basics**

Monday, February 13th @ 12:30pm FREE

Instructors Tena Dick and Cheryl Wills will be in the lab to assist you with Facebook, email and other social media.

## **NOW IS THE TIME TO RENEW YOUR 2012 MEMBERSHIP**

You don't want to miss out on any of the 2012 activities and to continue getting your monthly newsletter. Scholarship and reduced lunch cost forms are also available.

Call 851-4344 if you need additional information. 2012 lunch price will be \$3.25.

**The Staff looks forward to serving you next year and wishes you a very happy New Year!**

**Guest Policy-**MSWC is a members only facility. Guests must pay a daily fee of \$3.00 for use of the facility plus any costs associated with a class, activity or lunch. We value you as a member of MSWC, appreciate your support and welcome all guests.

### **Staff Changes**

MSWC Staff is sad to say that part-time Staff member Buddy Hindman will be leaving the Center. Friday, January 27th will be his last day with us. We all enjoy his cheerful "Hello, how are you doing today" and will miss him and all the many things he does to make our days at the Center brighter. We all wish him the best and will miss him.

With Buddy leaving, the Center now has a 20 hour part-time position open. For more information about the position please contact the City of Maumelle Human Resources Department at 501-851-2500.

### **Caregiver Support Group Presentation Wednesday, February 8th 12:00pm**

The MSWC has a Caregiver Support Group that meets the second Thursday of each month. They will meet Thursday, February 9th at 10:00am in the Classroom

Judy Wright is the facilitator for the Support Group and she will present information concerning this program. She will issue an invitation for caregivers to come and be with others that are walking a similar path.

## **Volunteer Corner**

The Maumelle Senior Wellness Center helps so many people because of volunteer contributions. We would love for you to join us. Volunteering is beneficial to your health. The Corporation for National and Community Service reports that volunteering leads to greater longevity, higher functional ability, lower rates of depression and less incidence of heart disease. If you enjoy cooking, cleaning, serving, driving, exercising or socializing; please give us a call. If you know someone that would like to volunteer, please have them call us.

We are very proud of the success of our Tuesday around town shuttle in addition to the continued success of our Thursday around town shuttle. We have amazing volunteers ranging from former Nuclear Chemists to West Point graduates. If you see a Maumelle Senior Wellness Center volunteer, please remind them of what they mean to you.

Call Chris at 851-4344 for volunteer opportunities.

**Closed  
Monday, February 20th  
For President's Day**

## 2012 ACTIVE LIVING CAMPUS AT MSWC

The Active Living Campus is designed to provide evening and after-work opportunities for members, aged 50+ to maintain an active, healthy, and socially connected lifestyle through fitness and life-long learning. Classes and activities will be held on Tuesday and Thursday evenings, usually between 6pm and 8pm.

For any additional information call Beverly at 851-4344.

### February Active Living

#### Men's Club

Tuesday, February 21st at 6:30pm.

Join the men for Taco Soup, chips and one of David's great desserts. The hat will be passed to cover the cost of dinner. The group is planning a March outing so drop in, have dinner and find out all the details. Call 851-4344 to save your place at the table.

#### Travel Group

Tuesday, February, 28th @ 6:30pm

If you are interest in exploring the possibilities of travel adventures through the Center then call Beverly at 851-4344 or sign up at the Lakeside Desk.

#### REMEMBER

The Cardio Room and the Computer Lab are open on Tuesday and Thursday nights until 8:00pm.

#### COMING IN MARCH

##### "Stretching Your Dollars"

Learn to cut costs with groceries, utilities, entertainment and more. The instructor will discuss ways to save on everyday items and how to use coupons without being "Extreme". More information in March newsletter.

#### FOR YOUR INFORMATION

All MSWC classes require pre-registration. If the class is FREE you may call 851-4344 and sign up for the class. If there is a fee for a class then you must come to the Center to register and pay for the class. Class registration is important. Instructors must prepare materials and space for each class. If there are not enough students classes maybe cancelled. MSWC is a membership facility so you must scan your membership card each time you enter the Center. If you forget your card ask a staff member to manually enter your name. This very important.

**Thank you for your cooperation, you are appreciated.**

### JUST FOR FUN

- **Good Times Dominoes**

Every Monday in February @ 12:30 FREE

Everyone is welcome and invited to play.

- **All for Fun Card Games**

Thursday, February 2nd, 16th & 23rd @ 9:00 am

FREE

Play and learn games such as Skip Bo, Rummikub or teach a game you enjoy.

- **Beginning Canasta Class**

Every Friday in February @ 12:30

Join Tawana and learn a fun, easy version of Canasta.

- **Advanced Canasta**

Every Monday in February @ 12:00 PM &

Every Wednesday after Bingo FREE

Mary Jo Cline will lead the Advanced Canasta group.

- **Bingo**

Every Wednesday @ 12:15PM. Come for lunch and stay for Bingo. FREE

- **Beginning Bridge Class**

Every Tuesday in February @ 12:30pm Sue Hylton will lead this class in learning to play Bridge. Sign up at the Lakeside Desk and indicate your experience playing bridge. FREE

- **Sit & Sew**

Wednesday, February 1st, 15th, 22nd & 29th @ 1:00pm

Beth Helmstetter invites you to bring a project and come sew with her. Pre-register at the Lakeside Desk FREE

- **Hem and Mend It**

Thursday, February 9th @ 1:00pm

Cost: \$2.00 Bring your item to be hemmed or mended with a spool of thread. There may be an extra charge for supplies or extensive work.

- **Bunco**

Thursday, February, 9th, 16th & 23rd @ 2:00pm

Cost: \$2.00 to cover the cost of winners' prizes. Very fast paced dice game, but a lot of fun. Sign up at the Lakeside Desk.

- **Household Bingo**

Friday, February 24th @ 12:15pm Bring a cleaning product good for spring cleaning and trade it for a bingo card. This bingo is very popular, so we know you will enjoy it.

### ASSISTANCE & REFERRAL

A new service is coming to MSWC in 2012.

The Assistance & Referral program will be available to members, by appointment. The purpose of the program is to help our members find information, agencies or programs that may help in meeting their needs. Often members need assistance finding information or a program to help an elderly parent, or understanding forms and letters they receive. Dealing with governmental agencies or the health care system can be confusing. Make an appointment with Gwen, perhaps she will be able to assist you or help you find someone who can.

Gwen Wetzel will be available Friday mornings 8am to 11am by appointment only. Call 851-4344.

### TRAVELING IN 2012

AWAY YOU GO AND VIVA TRAVEL INVITE YOU TO TRAVEL WITH THEM IN 2012.

See Beverly for additional information.

Book trips with Betty Hall, 851-6828 and information.

Call Carol Wallace 501-552-3333 for information also.

### SENIOR THINK TANK

Tuesday, February 7th @ 12:15pm

"By Seniors, for Seniors"

Meet with MSWC Staff members to develop new classes, services and events for 2012. Your input is wanted and needed to make your Wellness Center the best it can be. Sign up at the Lakeside Desk.

### NEW OUTDOOR BULLETIN BOARD

If you haven't already noticed it, the Center now has a new outdoor bulletin board. It is located on the outside wall next to the Lakeside Desk door. Instead of taping notices onto the doors they will now be placed on the bulletin board. It will be used to provide information to members of the Center and to residents of Maumelle regarding Center activities. Non-profit or civic groups affiliated with the City of Maumelle may be allowed to post announcements on a first come, first served basis, as space allows. Call Beverly or Gwen at 851-4344 for additional information or to request a copy of the policy.

